



# **Charting Your Course**

## **Identifying Your Purpose & Vision**

*“You can’t get to your dream, you must come from it.”*

*— Mary Morrissey*

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# Charting Your Course

## Introduction

Creating a vision for your life starts with an understanding and recognition of your purpose, passion and your core values. From this personal foundation, you can create a Vision that serves and inspires you each day.

As you learn to work more deeply with the physics of transformation, you will see how the alignment between your purpose, your passions, and your values forms a thru-line for your life. It allows the full force of life energy to flow at a much faster and more concentrated rate, which puts you on a frequency that matches your Vision and accelerates your results.

This first step will take some time to complete so we've split into three sections:

### **Part 1 – Your Purpose**

### **Part 2 – Your Vision**

### **Part 3 – Your Goals**

Schedule enough time with yourself and complete the entire process during the first month of your Brave Thinking Masters class.

Lastly, after you've completed the visioning process, set three goals that will help you track your progress and accomplishment. Remember, goals are for growing. It's great to accomplish things but it is who we each become in the process that is the real and lasting victory.

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# Charting Your Course

## Part 1 — My Purpose

*“Something great is seeking to be expressed through you today.”*

— *Mary Morrissey*

Your purpose is the rudder for your ship. It helps you navigate your daily life. Knowing your purpose makes many of life’s decisions easier to make. A purpose helps you become persistent and resilient at times when you are required to deal with some of life’s most challenging situations. A definite purpose removes the confusion that can arise when deciding what to do next.

Don’t get stuck here. Sometimes contemplation of your purpose can also wake up your paradigms. What if you don’t know what your purpose is, then what?

Remember, we all share a universal purpose that can be said this way... when we put our head on the pillow for the last time, we have left a beneficial footprint or presence for having walked this earth.

You are as unique as your thumbprint. There will never be another person just like you to walk the earth. By defining your purpose, you can gain clarity, focus, and direction in your life. Becoming aware of your purpose helps you connect with the infinite side of your nature.

To help explore the many facets of how your purpose reveals itself in other areas of your life, we’ve developed a five-step process. It begins with finding renewed clarity of your values. Next, uncovering what you are truly passionate about. Then, you will take stock and acknowledge all of your personal assets. Let’s begin.

### 1) Determine Your Values

What do you hold most dear to you? Your values are deeply held beliefs that govern and guide your behavior. Examples include: honesty, integrity, faith, family, and love. They are what matter most to us, and are at the core of our being.









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**5) Put it All Together – My Purpose Statement**

Review questions 1 - 4 above and ask yourself these questions: “What does this reveal about me? What is my purpose?” Become quiet and listen. Write down what comes to you without self editing. Then read and refine that into a 2-3 sentences at the most. Your Purpose Statement is just that... a “statement.” You want to be able to remember and recite it easily to yourself and others at any time.

**My purpose is...** \_\_\_\_\_

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**Note:** *It can helpful to set this Purpose Statement aside for a day or so and then come back and review it again. New words to describe something may come to you. When you read it again to finalize it, notice if a resounding “YES” feeling rises up out of your being. Do you feel joy and also a sense of serenity? If these things are present, you will know that you’ve discovered Your Purpose.*



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## Part 2 – My Three-Year Vision

*“You can’t get TO your dream – you must come FROM it.”*

*— Mary Morrissey*

The Vision that you are holding in your mind must always be clear, larger and more magnificent than the conditions or circumstances in which you presently find yourself. The Vision that you hold and impress upon your mind will determine what you are in harmony with... and whatever you are in harmony with, will be magnetized to you.

In writing your Vision, ask yourself first and foremost, “what would I LOVE?” Be specific. Describe the picture exactly as you desire it to be.

Using the template below, describe the life you would absolutely LOVE living in the four key domains of your life. Place your vision under the umbrella of gratitude and state it in the present tense, as if you are already living that life – I am so happy and grateful now that...

And finally, always hold your vision with purpose an open hand – this or something even better still. By holding your vision with an open hand, you leave room for Spirit to work, and to surprise you with the “even better still.”

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# My Vision

I am so happy and grateful now that...

## Health

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## Relationships

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## **Take the *Vision Five Point Test***

Many people ask the wrong question once they've designed a vision for their life. They think, "can I really be, do and have all of this? " Rather, think about it this way: "how do you know your Vision is worthy of you?"

### **Here are the questions to ask yourself:**

1. Does it give me life?
2. Does it align with my purpose and core values?
3. Is there good in this for others?
4. Will it cause me to grow?
5. Do I need help from a higher power?

If you answered YES to those five questions, you have a Vision and Dream that is worthy of your precious life energy being poured into it each and every day.

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## Part 3 – My Goals

*“Start where you are, with what you have; you always  
have WAY more than you recognize.”*

*— Mary Morrissey*

### Goal No. 1

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### Goal No. 2

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### Goal No. 3

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